

Child Care Health Consultation Lesson Plan

Contractor Name: CCHC Program

Date Submitted: May 29, 2015

☐ **Children's Health Promotion**

**Adult Training on
Content Area V:
Health and Safety**

Health and Safety Standards

Training Levels

☐ Promoting Risk Management Practices

☐ 1 ☒ 2 ☐ 3 ☐ 4 ☐ 5

☐ Protecting Children and Youth

Source:

Core Competencies for Early
Childhood and Youth Development
Professionals
(Kansas and Missouri), 2011

**Select one
standard and one
level**

☒ Promoting Physical Health

☐ Promoting Mental Health

☐ Promoting Healthy Eating

Title: 12345 FitTastic Message #1—Increase Physical Activity

Training Goal: Child care providers will recognize the importance of practicing and providing opportunities for children for at least 60 minutes per day of physical activity to maintain a healthy lifestyle

Learning Objective(s): Participants will

- Identify benefits of physical activity and specific recommendations
- Identify activities that improve and promote improved fitness
- Develop personal strategies for improving physical activity

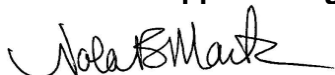
Topical Outline of Content	Training Method(s)	Time (in minutes)
NOTE TO TRAINER: All supporting training documents (activities, quizzes, powerpoint slides, handouts), & evaluations can be accessed and downloaded at: http://fittastic.org		
Introduction- Review the Learning Objectives	Intro	5 min
Objective 1: Activity: Take the Fit-Tastic Healthy Lifestyles Quiz and discuss where your health habits rank	Quiz; discussion	10 min
Objective 2: Benefits of physical activity -Review handout: <i>1 Hour or More of Physical Activity</i> ; -Review handout: <i>Choose Healthy Habits for a Healthy Future</i>	Lecture/discussion; handout	10 min
Objective 3: Ways to increase physical activity -Review handout: <i>1 Hour or More of Physical Activity</i> -Review handout: <i>15 Minute Active Countdown</i>	Lecture/discussion; handout	15 min
Objective 4: -Activity: Using what you have learned, identify and develop three activities throughout the day that would help you improve your physical activity level -Reminder of tips and facts for increasing physical activity -Wrap-up/ Q&A/ evaluation	Group activity; discussion Q & A, evaluations	10 min 5 min 5 min
Total training time: 1.0 clock hours		1 hour

Methods of outcome evaluation: Participation in group activities, Q & A, evaluation

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Date Approved:
May 29, 2015

Authorized Approval Signature:



Date Expires:
May, 2018